

Physical Education

Programme of Study	Year 6 Milestones
Games	Choose and combine techniques in games situations (running, throwing, catching, passing, jumping and kicking etc)
	Strike a bowled or volleyed ball with accuracy
	Use a variety of shots when playing racket sports
	Field, defend and attack tactically by anticipating the direction of play.
	Choose the most appropriate tactics for a game
	Lead others when called upon and act as a good role model within a team
Dance	Perform and create complex sequences
	Express an idea in original and imaginative ways
Gymnastics	Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands)
	Create complex and well-executed sequences that include a full range of movements including: springing, flight, rotations, inversions, balances and linking skills
	Hold shapes that are strong, fluent and expressive
	Include in a sequence set pieces, choosing the most appropriate linking elements.
	Vary speed, direction, level and body rotation during floor performances
	Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well rehearsed actions)
Swimming	Use equipment to vault and to swing (remaining upright)
	Swim over 25 metres unaided
	Knowledge of how to remain safe in and around water
	Use breast stroke, front crawl and back stroke, ensuring that breathing is correct, so as not to interrupt the pattern of swimming.
	Swim fluently with controlled strokes
Athletics	Turn efficiently at the end of a length
	Combine sprinting with low hurdles over 60 metres
	Throw accurately and refine performance by analysing technique and body shape
Outdoor and Adventurous Activities	Compete with others and keep track of personal best performances, setting targets for improvement
	Identify possible risks and ways to manage them, asking for and listening carefully to expert advice
	Empathise with others and offer support without being asked
	Seek support from the team and the experts if in any doubt
	Remain positive even in the most challenging circumstances, rallying others if need be.

Outd	Quickly assess changing conditions and adapt plans to ensure safety comes first